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Allegations of YouTube Illegally Tracking Children’s Data Results in New Platform Restrictions

BY HALLE MARTIN

The controversy surrounding ads on YouTube has been ongoing but has now hit an all-time low as the company and its owner, Google, have settled on a massive and historical payout of \$170 million. This comes after allegations from the Federal Trade Commission (FTC) and the New York Attorney General that YouTube knowingly and illegally tracked the data of children under the age of thirteen without parent’s permission. \$136 million of this settlement will go to the trade commission, and the rest is to be received by the state of New York.

In addition to the settlement money, YouTube will start using machine learning devices to track videos aimed at young audiences, such as those featuring toys and kids characters. They will also require uploaders to acknowledge any children’s material they will be posting. With these new rules, YouTube plans to eliminate any targeted ads from children’s content and making sure that their protocols comply with the Children’s Online Privacy Protection Act (COPPA).

Some critics argue that the fine and YouTube’s new procedures are not enough to protect child users, nor is it fair punishment for the invasion of privacy. Meanwhile, content creators on the platform worry what this means for their channels and businesses, as many YouTubers rely on ad revenue to support their channels and themselves. Creating content on YouTube is no longer seen as a hobby but a career path. YouTube acknowledged these concerns and announced that they would give creators some leeway in the transition; “We know these changes will have a significant business impact on family and kids creators who have been building both wonderful content and thriving businesses, so we’ve worked to give impacted creators four months to adjust before changes take effect on YouTube.”

YouTube has continued to face heat from creators on the video-sharing platform. Despite public outcries, YouTube is struggling to combat issues with the demonetization of creators’ content. After receiving backlash from ad companies for displaying their ads on videos considered inappropriate, YouTube took action in restricting what videos were deemed ad-worthy. Their algorithm continues to strip ads from videos that comply with YouTube’s policy, while videos violating these rules (such as those uploaded by terrorist groups) are not being taken down and have ads playing before the video.

While YouTube insists they are maintaining their efforts to fix these algorithm issues, creators aren’t seeing improvements and are having to turn to alternative sources of income. With everything considered, it is questionable how effective this new system will be. What does the future hold for kids content creators as they see the main source of their revenue disappear? How will these machine learning devices compare to the already set algorithm, and how will the effects spill over onto creators who are not specifically targeted at child audiences?

Boy Thrown from MOA Balcony is Home

BY ETHAN LANGEMO

After a three-and-a-half-month-long recovery for sustaining serious injuries after being thrown from a balcony inside the Mall of America in mid-April, the five-year-old boy, known only as Landen, has left ICU and is finally back at home. In this time, he has endured a multitude of operations to repair bone and skull breaks. According to his GoFundMe page, which has helped tremendously to pay for his medical expenses, he is now attending physical therapy to continue health and recovery.

On April 12th, Emmanuel Aranda entered MOA with what he told investigators was an intent to kill. There is no known connection between Landen and Aranda; the action appears to have been decided on his murderous whim. Interestingly, this was not his first encounter with authorities at the mall; he had been arrested after throwing objects from a balcony in July of 2015. In the same year, he was also the culprit of two incidents at restaurants: one in which he refused to pay and another in which he unsuccessfully attacked an employee with a glass.

In his hometown of Chicago, Aranda assaulted a customer after receiving an insult about his body odor and threatened to kill others with a knife he pulled from his bag. A few of these trials had been heard at mental health courts, but there has been no official statement given on whether he is mentally sound or not.

It is fascinating that Aranda’s past actions mirror that of what led him to his sentencing. The fact that he had previously been arrested for throwing things off a balcony and returned to repeat his actions – this time on a child – is more than disturbing. These actions, on top of his other bizarre crimes, may strongly point to underlying mental and anger issues. No details have been released on whether he is attending emotional or psychological therapy, but because of his history, it may be included in his sentence.

In a plea deal, the family prosecutors agreed to drop the aggravated circumstance listed in the charge to shorten his prison term; in turn, the accused would plead guilty. On June 3 rd , a 19- year sentence with a bail of two million dollars was given to Aranda after he pled guilty to first - degree murder.

Hong Kong Protests

BY ETHAN LANGEMO

In June, a bill was developed in Hong Kong legislature which would have legalized extradition from the country to its sovereign state, China. Earlier this month, it was cleaned from the slate in response to protests throughout the region which are ongoing and ever-intensifying. While Hong Kong is functional as its own country with its own constitution, government system, democracy, rights, and currency, it is technically governed by China under a “one country, two systems” rule. It was controlled by the British Empire for more than a century and a half from 1841 to 1997 before returning to China as an independently operated country. Now, China has begun to toe the line between the “two countries.”

The demands of the protesters began as only a voice to stop the extradition bill from passing. However, other conditions have been added as police brutality started to appear in the protests. Now, protesters are also requesting the resignation of Hong Kong’s leader Carrie Lam, an investigation into police brutality allegations, the release of the imprisoned protesters, and increased democratic rights and freedoms.

In early September, protesters performed a peaceful march on the US consulate in Hong Kong to request American aid. They want US legislature to pass economic sanctions on Hong Kong and Chinese authorities who are accused of opposing democracy in the region. House Speaker Nancy Pelosi (D-San Francisco) has spoken out against the cruelties against the protesters and has made statements claiming that work on a Hong Kong Civil Rights bill is in progress, much to the dismay of the Hong Kong Government.

As the 70th anniversary of the Chinese Communist government approaches, the government has made several efforts through state media to demonize the protestors and display them as terrorists. They have gone so far as to warn about a “9/11-like event,” daring to use a national tragedy as a scheme to sway Chinese and Hong Kong citizens to diminish any anti-Hong Kong sentiment. In response, a Reddit user who will remain anonymous made a post on the r/ HongKong subreddit that protests will instead be suspended in observance of 9/11 besides some possible singing, to honor those who died in the attacks and those who gave their lives in the fight against true terrorism.

What the future holds for the residents of Hong Kong is uncertain. We have yet to see if the rest of the world will take notice and make a step towards supporting democracy or choose to turn a blind eye. It is possible that the Chinese government may try to fully absorb the region, but with the US involved that will certainly be a challenge. However, whatever happens is certain to go down in history books of both Hong Kong and China, for better or worse.

Nature’s Outcry

BY VICTORIA TURCIOS

As summer vacations came to a close, one of the many stories popping up on news channels, online articles, and social media was the devastating wildfires consuming the Amazon Rainforest. While hashtags raised awareness and news anchors alarmed people worldwide of the concerning situation, there are still many questions about why the situation went on for over two weeks without making headlines.

Despite the lack of media coverage, the truth is that it’s not the only wildfire that should get the public’s attention. According to a Vox article on the Amazon fires, across the globe in Russia, they also dealt with a forest fire in Siberia that destroyed over 21,000 square miles of vegetation. Did you hear about this on the news? Probably not, but it doesn’t stop there. The Canary Islands, Alaska, Greenland, and California have all been dealing with wildfires as well.

It’s important to remember that the Amazon is the world’s largest Rainforest, plays a crucial role in absorbing the world’s carbon dioxide, and produces vast

amounts of oxygen. Its environment doesn’t necessarily nurture wildfires naturally as conditions there are rainy and humid. Research and reporting show that the recent fires are closely related to human activity in the Rainforest. While it’s unclear what started the fires, there are reports that it is a result of increases in slash-and-burn deforestation, even though it’s illegal in Brazil due to the risk of possible fires. Around the time this started, it’s also known that other illegal operations are happening in the Amazon in attempts to drive the indigenous tribes off their land.

The concern isn’t only felt amongst citizens of Brazil, but it has reached a worldwide peak. Politicians from various countries are looking to get involved, as are scientists. The Earth’s entire ecosystem could collapse if deforestation in the Amazon reaches a tipping point. According to scientists interviewed by NBC, “the decline of the Amazon Rainforest could also affect the global climate.”

While many are calling for action from their political leaders, only the Brazilian government has a say in what actions follow these fires. “Scorched forests do not recover so easily,” reports The Verge, as they mention how Brazil has gone through similar forest fires back in the late ‘90s. The effects of these fires will be felt for a long time, a lot has been lost, and the number of species in that ecosystem will take centuries to go back to normal. Despite the Amazon Rainforest fire’s connection to human activity, other Rainforest fires around the globe can be seen as nature’s cry for help as temperatures continue to rise due to climate change.



CREDIT: Victoria Turcios

NEWS

New Disease Affecting the Minnesota Deer Population

BY ANDREW WYLIE

A new threat to the whitetail deer population in Minnesota is being investigated this year after twenty dead deer were reported to the DNR in Stearns County. The DNR has determined that the deaths of these deer were caused by Epizootic Hemorrhagic Disease (EHD). This disease was found to have killed a little under 600 deer in Iowa last year and is being spread by a gnat-like insect called a midge. Minnesota has previously had a few isolated cases of EHD in the past, with a few deaths to fenced-in deer in northern Minnesota.

The midge bite sets off a severe allergic reaction of sorts in deer and causes death within days of infection. Some states other than Iowa have been hit by the spread of EHD over the past few years including Wisconsin, Pennsylvania, and even Florida. EHD is generally isolated to specific areas and ends as soon as the weather reaches freezing and the midges die off. The disease does have the capability to seriously decrease the deer population, especially during the dry seasons.

This new concern is on top of the ongoing threat of Chronic Wasting Disease (CWD). CWD affects not only the white-tailed deer, but also the moose and elk populations. This disease takes longer to manifest and can take over two years to kill a deer after it is infected. CWD is a neurological disease that is transmissible from one infected deer to another. There is currently no known cure for CWD, and while CWD and EHD have not been found to affect humans, it is still strongly recommended to not eat infected meat. The DNR has been taking steps over the last few years to curb the spread of CWD, with a call to increase the number of hunters in areas known to have cases of CWD. A lower population of deer in a geographical location makes it less likely that CWD will spread far and wide.

The DNR recently announced that they are requiring bow hunters this season to provide a sample of every deer shot to be tested for CWD. Testing can take up to two weeks, and hunters should wait for the results before eating the meat. The DNR has previously banned the feeding of deer in several counties because they didn't want deer to congregate in the same areas which would help the disease spread. The DNR has also restricted hunters from moving their shot deer from county to county over fears of spreading the disease.

Brains Without Brawn

BY ANNA FRITZE

Scientists at the University of California in San Diego have discovered what could be considered the beginning of a lifeform. Right out of a superhero backstory, “mini-brains” are being developed from stem cells and have functioning neural networks. These mini-brains have the

potential of giving scientists insight on many disorders that they have yet to prevent. “An organoid functioning like an actual brain could help scientists study a range of neurological and psychiatric disorders, such as epilepsy, stroke, and schizophrenia,” scientist Bret Stetka of ScientificAmerica.com states. Along with looking into these diseases, the mini-brains would also help scientists explore early brain development. Sarah Reardon of Nature.com said, “research in this area has been slow, partly because it is difficult to obtain fetal-tissue samples for analysis and nearly impossible to examine a fetus in utero.” No surprise there.

Although progress has been slow up to this point, these promising results have encouraged those working on the project to continue to move forward. While mini-brains are already providing new information on brain disorders, Stetka points out that the clinical potential of these organoids is vast; “They can be used to model diseases and test various therapies while lessening the need for human and animal research subjects in early trials.” All these possibilities give the stamina needed to push forward in this research.

As always, with every hero comes a villain. Just like with stem cell research, we must realize where the line has to be drawn with this growing knowledge. Yes, it’s amazing that we can use this information for good, but as Sarah Reardon points out, “the project raises ethical questions about whether organoids could develop consciousness.” While scientists have no concrete answers, it’s scary to think about what it would be like to be conscious with no body and no way of communicating with others. However, according to biophysics editor Tami Freeman of Physicsworld.com, “researchers note that it’s unlikely these organoids have mental activities, such as consciousness.”

While “unlikely” is comforting, it’s not promising. It is amazing what humans have been able to create in just the last decade and how far science has come in taking steps towards curing disease. One must remember that everyone can become subject to tunnel vision. While the positive possibilities that these mini-brains can hold are great, the negatives could be just as great if not acknowledged appropriately.

Phone Companies and the FCC Fight Robocalls

BY ANDREW WYLIE

One of the few things that nearly every American can agree on these days is our mutual disdain for receiving a robocall. Telemarketers have long been an annoyance even before cell phones, but there has been a noticeable uptick in the number of calls people are receiving. It’s estimated that there are over five million unwanted spam calls in America every month.

My elderly parents believe that they get about six spam calls every day. Sometimes the numbers look like they are from local numbers, a technique called spoofing, but they could be from anywhere.

Telemarketers aren't concerned whether you're on the "Do Not Call" list or if you have asked to be removed from their list before. The callers are usually trying to sell you some product or service you don't want.

Scammers have been using some intimidation techniques on those unfortunate enough to answer, including trying to trick them into believing they are in trouble with the law or are behind on a payment. They will say anything to get credit card information or a social security number, though this technique usually only works on the most vulnerable of our population: the elderly. These victims often cannot afford to lose their hard-earned money and can end up financially ruined by these con jobs.

The Federal Communications Commission (FCC) and State Attorney Generals across the country have taken notice of the issue. They are beginning to take steps to allow phone companies to block obvious robocalls without having to get your consent first; a process they currently must follow to comply with existing laws.

My cell phone provider, T-Mobile, has a free add-on that does a form of this already (which I needed to sign on for). Many phones and phone companies do offer the option to block numbers after finding out that they are robocalls. I believe that I have blocked at least twenty-five numbers this year alone, the majority of which have been trying to sell me an extended car warranty. Despite all this, the unwanted calls continue to get through these filters and the do not call list.

It is probably the case that even with these welcome efforts to curb these annoying calls, there will still be ways for scammers to get through and continue to bother you. Scammers are constantly working on ways to rob you, not only on the phone but also through email and at places like the gas pump. Even if the government is fighting the scammers’ tactics a little late, they are at least paying attention and starting to make some important inroads.

Along with the fight to stop robocalls, there are proposals to fight the most effective tactic used by phone scammers, which is spoofing, the kind my parents get regularly. It is easy to be untrustworthy of a phone call from a strange area code, but you can be fooled a lot easier if the phone call is local.

The Senate has already passed a bill called Stir/Shaken that will ensure that a phone number that comes up on your caller ID is legit. The bill also includes some other protections for consumers against scammers. It just has to pass the House this legislative session; a good first step that will hopefully be followed by many more.



CREDIT: Andrew Wylie

The State Fair Shooting Affair

BY HARRY LIEN

The Great Minnesota Get Together -- this slogan sums up our epic state fair in a nutshell. People from all around the region gather for weeks to enjoy exciting food, thrilling rides and emptying their pocketbooks. As for any major event hosting thousands of people, ensuring the security of fairgoers is a top priority. However, no one could foresee the events that transpired on Labor Day night, just moments before the fair’s annual closing.

It all began when St. Paul police found a 19-year-old woman who had just been hit by a passing vehicle on fairgrounds. According to witnesses, there was a confrontation moments before she ended up in the road and struck by the vehicle. St. Paul police issued a statement, and according to CNN, they said the driver of the vehicle initially stopped but fled after bystanders began assaulting his car. He drove a short distance away and pulled over to call 911. He reportedly cooperated with investigators and showed no signs of impairment. The 19-year-old woman was taken to a nearby hospital where she was listed in critical condition.

Sequentially, gunshots were heard nearby where officers had been rerouting traffic and tending to the woman around the scene. According to the Star Tribune, police found a man about a block away with a gunshot wound. He was taken to a nearby hospital with non-life threatening injuries. Two additional men were later found with non-life threatening gunshot wounds and were taken to a hospital. In an interview with WCCO, St. Paul Police public information officer Steve Linders said, “There’s a lot of people in that area. This was incredibly dangerous...we’re lucky more people weren’t injured or killed.”

American Dairy Farmers Hit by Trade War with China

BY HALLE MARTIN

The ongoing trade war between America and China has been impacting American businesses on many levels. One particular branch of business is being hit especially hard: the dairy industry. Business for the American dairy farmer often goes up and down, in large part due to the fluctuation in pricing. The price of milk had been rising, leading to the expansion of many dairy farms until prices started to drop around 2014. Suddenly, these farmers found themselves with a surplus of product in a market with little demand.

As many Americans make the move towards dairy replacements, such as soy or nut products, dairy farmers in the US are relying on exporting their products (from milk to whey). Until 2018, China had been the biggest consumer of American dairy for about ten years. In the last year, China has dropped from the leading market in agricultural exports to the fifth, and exports to China have gone down more than fifty percent. Farms are now producing an excess of goods without anyone to sell it too.

The farming industry has been in a continuous decline, despite being one of the



CREDIT: Halle Martin

NEWS

world’s top food producers. According to the US Department of Agriculture, more than 6 million acres of farmland were estimated to have vanished between 2008 and 2015. As tensions between China and the United States continue to grow, the decline in the farming industry appears to be heading downhill even faster.

The trade war has gotten especially gruesome since the beginning of the year as the government, led by President Trump, has continued to impose tariffs on Chinese imports, while also asserting their belief that China is not playing fair in the global trading economy. With the increased pricing on imported goods, Trump also plans on Americans buying and producing more products made in the United States. The problem is that Americans either don’t want these products (such as dairy) and, at this time, US-based factories can’t compete with those in China so American brands aren’t producing their materials here. Now, rather than switching to American made goods, US-based manufacturers are moving production from China to Southeast Asia because they cannot afford the cost of their imports with these new tariffs. The opportunities for production in America are either not readily accessible or affordable, especially for startups.

Meanwhile, American businesses that rely on exporting to China, like the dairy industry, are suffering and consumers are seeing market prices go up. Considering America’s value in feeding the world’s population as one of the top food producers, the jeopardy of the farming industry is especially concerning. Within the next twenty years, the world’s population is expected to reach nine billion. If we continue to see American agricultural land decrease, we may find ourselves with a global food deficiency, amongst other issues. If the trade war continues as it’s been going and the president plans on turning to American manufacturers, our country must meet the competitive manufacturing marketplace.

As of September 11th, we may be seeing the beginning of a cease fire as China has announced that they will be lifting tariffs on 16 imports, ranging from seafood to cancer treatments. However, notable goods, such as meat, did not make the list. The year long exemptions are set to begin on September 17th. President Trump responded by announcing that he will be postponing the five percent increase in tariffs, pushing the date back from October 1st to October 15th, which will overlap with the next scheduled meeting between the two countries when Beijing officials visit Washington to discuss the conflict. It is unlikely that this battle is coming to an end, but we may be slowly headed towards a truce.

ARTS & VARIETY

A Cross Over Between Life, Death, and Bugs

BY MADISON BUCHANAN

From the moment you step through the gallery doors, you realize this show is not like anything you have seen before in the Concordia Gallery. Plants draping across the white walls and pedestals, painted animal skulls utilized as wind chimes and wall fixtures, and bugs chosen as accents to the many other pieces on display. Brooke Steigauf and Nicole Nystrom came together for their senior show *Endless Spirit*. It's a bridging of organic esthetics with an array of pieces from polished naturalistic bowls and pots to skulls and organic materials applied in whimsically beautiful fashion.

To the artists, this show is a “common interest and spiritual pursuit of exploring life, mortality, and rebirth. This exhibition reflects our appreciation of the overwhelming power of nature, more specifically, the duality between life and death.” Following this statement, Nicole and Brooke attach a beautiful poem expanding on this concept of life, death, and what awaits after it is all gone. Though the show was created by two distinct artists, the pieces and overall concept seamlessly create a cohesive show that captures the viewer's eye and holds it.

Alongside Brook and Nicole's *Endless Spirit*, a local artist going by Jess Lee is showcasing *Digital Dreams*: photopolymer photogravure prints combining digital technology with tactile printmaking. *Digital Dreams* is a “documentation of what we leave behind,” Jess Lee writes in her artist statement. “This is what I document. What we leave behind. Our trails left behind us through the environment. Our dreams, and our nightmares.” Lee continues to explain the absence of “us” not only in her artist statement but with her photographs. She finishes off her statement with nothing more than an eerie reminder: “This is what I document: what is left behind. Physical, ethereal. Real and memory.”

Endless Spirit and Digital Dreams will be on display until October 4th.



PHOTO CREDIT: Madison Buchanan

Art in the Cities Preview

BY MATTHEW IUNG

Minneapolis and St. Paul has a thriving art scene that I'm hoping many of you will take advantage of this fall. Below are only a few of the many galleries and museums that the city hosts. In the Uptown area, there is the Soo Visual Arts Center located at 2909 Bryant Ave S #101, Minneapolis, MN 55408. They will have *Toni Gallo's I Can Feel The Truth Somewhere Over There. Here Beyond Further*. This is a new body of work in which Gallo seeks to express a crossing of his studio practices while meditating on yoga and his time as a teacher and participant.

Just a few blocks away at 912 W Lake St, Minneapolis, MN 55408 is the Highpoint Center For Print Making. This month Transference: *Printmakers in Mni Sota Makece*, is on display. Transference highlights printmakers, with connections to Mni Sota Makece. I had the pleasure of seeing Kinngait Studios' first exhibition with Highpoint back in the fall of 2018. If you're looking to avoid paying for parking, I recommend parking on Fremont, Emerson, or Dupont near the Greenway bike path.

Along with the many small galleries, most of the universities have an active art scene all there own. Currently, the Juried works of Twin Cities schools are on display at Bethel University in The Forum. The Cathrin G. Murphy Gallery on the St. Kates campus always features two female artists and is currently running “*What is Forbidden? The Women's Art Institute 20th Anniversary Exhibition*” until October 19th. MCAD often features its students and faculty as well as outside working artists. At the end of the month, Eli deVries: I'm in love with every girl I grew up with will go up. This exhibition tells the story of the artist's childhood love in a suburban mid-century household.

As always, there is the Walker Art Center and the Minneapolis Institute of Art. These institutions have more to offer than can be seen in a single day and are always enjoyable for return visitors and first-timers. The Mia will be featuring Artists Respond: American Art and the Vietnam War, 1965-1975 until January. I hope that you will get out this fall and see what the Twin Cities art scene has to offer you. For more on art in the cities pick up the September City Pages or check out their web site, it's a great way to get started.



City Pages Magazine Cover
CREDIT: Matthew Iung

Arts Preview

BY DAVINA BELLINGER

While students enjoy the arts of music, theatre, and dance, there are others who have the passion of using traditional, digital, lens-based, three-dimensional, and other art forms. Those who are young artists can join the CSP art department to express their talents throughout the years they spend here.

For students majoring in the arts, the different types of degrees for undergraduates are studio art, graphic design, art education, art history and many more that can be looked up on the CSP website in the academic catalog. Art activities offered on-campus are organized by the Art and Design club, and many students that are non-majors get involved.

Gallery director Stephanie Hunder has been teaching at Concordia University-St. Paul for 19 years. Hunder claims that “because of the small, personal nature of our school, our art majors feel like family. They have a lot of freedom and support to pursue their art interests.”

An art gallery is traditionally the space in which an exhibition is viewed for an audience. Hunder says that the art gallery gives students experience for becoming professional artists. Those who wish to sign up for courses or join the art club can email their counselors or contact Hunder if they wish to do so.

“The purpose of the gallery is to give our students insight and experience into being a professional artist. They get to see how a working artist creates a body of work and exhibit it, how they think about it and develop it, and what being an artist in the world is like. It's also to provide challenging and inspiring cultural content to the whole campus and neighborhood,” Hunder said.

CSP Music Preview

BY DAVINA BELLINGER

As the school year starts, students have the opportunity to find their niche. For some, it's the music that can be found within all students. Professors who teach young artists are excited for this year's incoming freshman class. Theatre chair and professor Mark Rosenwinkel, who has been teaching for 11 years, says that what inspired him to teach theatre is being able to motivate students to self-discover the power of performing arts. He explained that “often just discovering the power of the performing arts (theatre students), both from the perspective of personal empowerment for themselves as well as motivating an audience to think and feel in different ways is what inspires my teachings.”

Music, like any other matter when students study their majors, can apply it to the real world after they have graduated. Music professor Dr. David Mennicke,

who has been teaching Christus Chorus and conducting for over 31 years, believes that “music gives us a way of expressing feelings, of creating beauty and forming deep relationships between people—all things that help us move from beyond merely existing to an experience of true living.”

Advice that Rosenwinkel would tell anyone interested in joining the arts is to be fascinated with what holds audiences' attention and whatever makes you interested. Make sure you are really interested in the art form, as a viewer as well as a performer. Be fascinated with what holds an audience's attention. That passion will guide you into making life choices. If you're in theatre for other reasons -- ego, fame, money -- they will not sustain you. Be in love with the craft and you will be successful,” Rosenwinkel said.

Anna Haselmann is a second-year student, a few of the courses that she is currently taking are in the music department because she claims music to be her passion her art form.

“It's super versatile to every mood, but also because I had a lot of amazing experiences with music, it is a very passionate art, and that's why I love it, especially here at Concordia University-St. Paul,” Haselmann said.

All students are welcomed to be part of any courses or groups from the music department to discover new friends and passions at CSP.

CSP Theatre Preview

BY RICHARD MAHLE

CSP theater has many events and shows throughout the year, and there are two events coming up fast. One of these events is *Die Fledermaus*, a famous operetta it will be up October 24th, 27th. October 24th, 25th, and 26th all have shows from 7:30-10 pm and October 27th has a show from 2-5 pm. The theatre department puts on truly amazing shows, and this one will be no different.

Between a talented cast of actors and actresses, whose voices will impress you to no end, a fantastic pit band, comprised of some of the best musicians at CSP, and fantastic direction by Professors Spear, Rosenwinkel, and Puffer. Our lead actors and actresses sound stunning. The leads and the choir ensemble make the complicated music sound beautiful and, arguably, easy. I was able to hear the ensemble practice, and despite them only having the music for a week, it had sounded like they've been practicing for months. This show is going to be fantastic.

It combines Johann Strauss's beautifully crafted music with his more sophisticated take on a popular, at the time, French vaudeville comedy. *Die Fledermaus* is German for “The Bat,” some even call the show The Revenge of the Bat due to the events that unfold over the opera's three acts. Additionally, *Die Fledermaus* is a comedy, so although some of the

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jokes may seem ancient due to the language, it still has audiences laughing up to this day.

Audiences love this show so much that it's been translated to at least seven languages with varying international dialects. When ticket sales appear, the show *Die Fledermaus* would most likely be priced at \$10 for adults, \$5 for both non-CSP students and children, and if you have your CSP ID the admission would be free. These pricings are taken from previous CSP shows.

Another event happening here on campus is Shakespeare under the stars. This will be happening on September 26th at 10 pm in the Frauenschuh Amphitheatre, located outside of Comet's Café and the E.M. Pearson Theatre. While the event is going on there will be music, scenes, and poetry from Shakespeare's work. It is a wonderful event that allows people to hang out, enjoy the night, have some apple cider all while enjoying the legendary playwright William Shakespeare. All these pieces will be performed by firelight.

Towards the end of the semester, the students in the directing class will direct an excerpt from a play of their choice. The student-directed one-acts will run from 7 to 10 pm on December 14th in the Westlund Black Box Theatre which is right across from the E.M. Pearson Theatre. Saving these dates is the easiest way to remember to catch these amazing shows and theatre centric events.



EM Pearson Theatre Lobby
CREDIT: Richard Mahle

ARTS & VARIETY

Movie Review: *Blinded by the Light*

BY MUMINA MOHAMUD

Blinded by the Light, a film directed by Gurinder Chadha, is an ode to Bruce “The Boss” Springsteen. It is based on *Sarfraz Manzoor’s* memoir, Greetings from Bury Park: Race, Religion, and Rock N’ Roll, and premiered at the 2019 Sundance Film Festival before hitting theaters in August.

The film, set in the 1980s, follows Javed Khan and his family who are Pakistani immigrants now residing in Luton, England. Javed is 16 and trying to juggle all that comes with being a teen on top of parental pressures, friendships, rampant racism, and Margaret Thatcher’s government. Javed, a self-proclaimed writer, attempts to get all of his frustrations out as lyrics for his best friend Matt’s band, but his words are too sad for Matt’s New wave pop scene. However, all of his worries melt away when Roop, the only other South Asian kid at school, tells the tale of The Boss and lends Javed his Springsteen cassettes.

Javed is amazed that he, a Pakistani kid from England, could connect so deeply with the words of an American from New Jersey. Javed’s whole demeanor shifts; he aims to embody all that Bruce is by donning a denim jacket, cutting off the sleeves of his plaid shirts, covering his room in Bruce posters and even hijacking the school radio station to show everyone what they are missing. Bruce’s music helps Javed navigate the rough terrain of family conflict, the strain on his friendship with Matt, and even a romance with a classmate.

Blinded by the Light’s seemingly unnecessary subplots make it just a little too long. The film is riddled with cheesy scenes including an entire town square breaking out into a dance montage as well as its fair share of cringey, too on the nose moments. It is, however, a solid and sincere coming of age story that accurately illustrates an intergenerational struggle and is supported by a very talented cast. The tensions between Javed (Viveik Kalra) and his father (Kulvinder Ghir) is palpable as they grapple and try to come to terms with their differences.

Even though I am unfamiliar with Bruce Springsteen’s music and this work largely revolved around his words, I did like the film. However, I did think it was only okay and would not necessarily watch it again and would probably hesitate to suggest it to my peers. I would recommend watching it at home if you have not seen it before and have yet to find the next thing to binge.



CREDIT: Mumina Mohamud

Music Review: Inexedra – *Retrohack*

BY ETHAN LANGEMO

Christopher “Scott” Ockwig, aka Inexedra, isn’t just your average EDM bedroom producer. His music has a conscious sense of creativity and composition that not many can match. Scott, who has almost 700k views for his track “Cyberkinetic” on one of YouTube’s biggest synthwave channels, NewRetroWave, is a sophomore at CSP, studying Music Composition. *Retrohack* is his second album.

The album fits nicely in the genre of synthwave/retrowave. The sound and mixing is great for one who didn’t go to school for audio production and doesn’t have anyone on the outside doing it for him. Scott’s style is gritty; there’s an intimidating edge to the sounds on many songs, combined with cutting rhythms.

One aspect I find unique in his music is his use of heavy metal guitar that appears on the title track. This is recorded live adding a fresh twist on a genre of music well-known for its dark texture and sometimes heavy sounds. Mostly, it is done through virtual instruments, though those who can afford it have racks of electronic equipment, still running through MIDI sequencers, not always live. Thus, the live guitar adds humanity to the music. It works wonderfully and is characteristic of his style.

One highlight on the album is “Orion.” Edgy sounds are more of an ornament here than as the foundation. The intro is sublime; bit-crushed pads filter in and paint a nightscape filled with multitudes of stars and planets. It is more thoughtful than its preceding tracks and takes longer to get to the climax. While the previous tracks are still enjoyable, I can always appreciate a well-placed change in musical flavor.

I enjoyed tracks seven through nine the most. Each has a clear vision and something interesting to offer the ear. First is “The Cleaner.” One thing I immediately noticed is it is written in the scale of F Locrian. I’m not sure about most people reading this, but I love music written outside the major and minor scales – especially in a scale difficult to write in, such as Locrian. The sound design is creative. The opening is amorphous, having no shape until the first iteration of the melody. The song is slow and heavy, like a cleaning robot infected with an evil virus gone on a murder spree.

Second in the trio is “Watcher,” reminiscent of Jean-Michel Jarre’s works, especially from the 70s and 80s. The first minute or so sounds like it’s inspired by the album that got him to stardom, Oxygene. A delay effect can be found on every

sound, besides the percussion, creating a wide-sweeping effect, like a watcher of the skies studying the scene before him. Finally, “Cold as Ice” is one of the heaviest tracks on *Retrohack*. The only song with vocals, Scott’s voice shines and clearly conveys his message: a woman hurt him, her lies and a false sense of caring has turned him cold inside. Guitar is also prominent, adding a pained texture to the emotion Scott already offers.

Retrohack is an impressive work from an equally impressive artist. Each release finds him a new success, and there is no doubt that you might see him performing on stage at Coachella or EDC. Scott continues to find creative ways to push and pull his music, keeping it fresh and relevant. Anyone who enjoys any electronic music is sure to love it. I look forward to seeing what he puts out in the future, and I also look forward to listening to this album again.

Book Review: *All These Wonders* Short Stories that Spark Awe

BY BROOKE STEIGAUF

Reading has never been so easy. The power of storytelling has never been proven more valuable. All These Wonders is a collection of short stories that leaves readers feeling inspired, enlightened, and more in tune with the collective consciousness of humanity. *Think I’m exaggerating? Find out for yourself.*

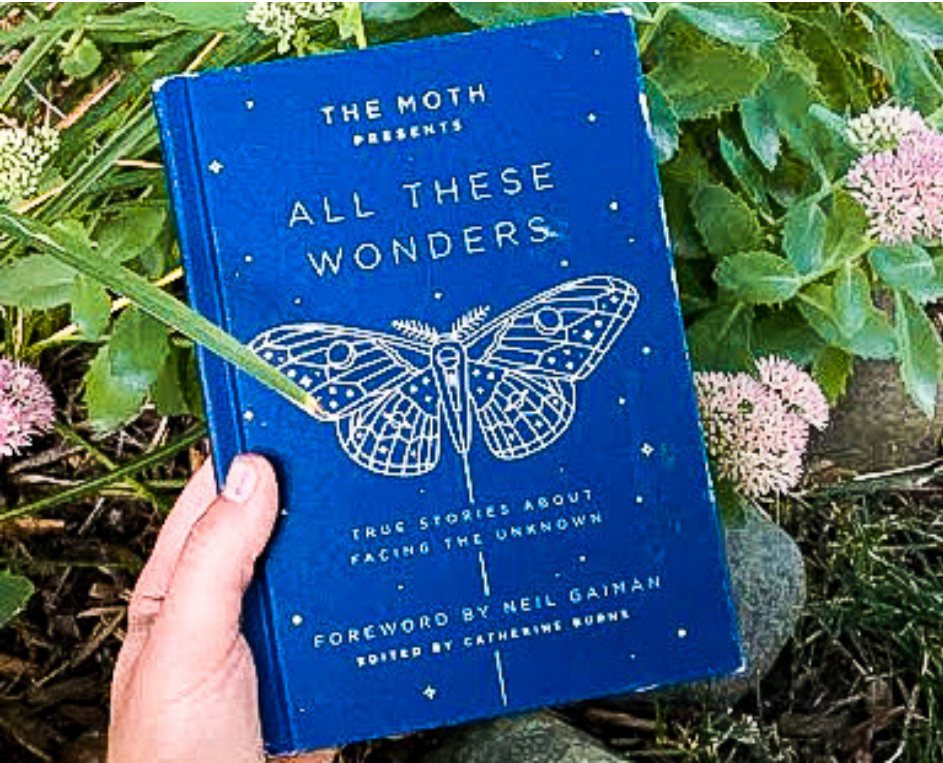
Presented by a non-profit organization called The Moth, this book shares the first-hand stories of esteemed public figures and under-recognized heroes alike. You may have heard these tales told straight from their source, as MPR/NPR broadcasts recordings on Saturday and Sunday afternoons. The Moth’s mission is to expose the inherent strength of story-telling as a means to entertain, connect, and improve humanity.

The stories in this book are just a few in a massive collection of narratives shared since its official start in 2009. Featured authors include comedians, human-rights activists, realtors, musicians, pastors, as well as David Bowie’s hairdresser and a boy soldier from Sierra Leone.

The topics of the stories are wide-spread, covering general emotions and experiences to which we can all relate, but doing so through very personal and revealing memories. The vulnerability required to present such content, often with a reputation on the line, in front of thousands of strangers astounds me. The result is incredibly moving perspectives that would otherwise never be known by a person like you or me.

I have never “pulled the plug” on my son who has been in a coma for months. I have never received a call explaining to me that I have been adopted after years of abusive foster care. I have never arranged to have a person with special needs to meet their celebrity hero. I have never been a hotel manager asked by the FBI to help capture one of the most wanted men. I have never transformed myself from a drug addict to a university professor. I have never watched a five-year-old greet the body of his deceased friend.

Whether or not you can ascribe to these experiences or not, their effects on your mindset are always unexpected. This book presents many concepts that are embedded in our daily lives (like conflict, compassion, and death) and gives them a bizarre sense of tangibility, which leads readers to have an increased perception of profound meaning and beauty in their own lives.



CREDIT: Brooke Steigauf

ARTS & VARIETY

Scream It off Screen September 2019

BY MATTHEW IUNG

There’s plenty to eat and free parking a block in all directions around the intersection of 48th and Chicago. The Parkway Theater stands out with its faded green marquee that has parts of it literally taped up. A pleasant and tired-looking man with a ginger beard scans my ticket, and there are fresh popcorn, friendly faces, and a scream it off photo screen. The Parkway Theater holds unique events all the time. Album releases, podcast recordings, and special events like Scream it Off Scream where the voice of the audience decides what plays.

While sitting in the lobby, I see people wave at one another and cry out when they see a returning patron; there is a lively scene here. A woman with a dog in her purse passes me in the lobby. Apparently, she’s well known around here and has entered a short film. The event starts late because the line runs out the door and before going in to sit down a podcaster catches me in the lobby to ask why I’m here. Before things get going, I’m introduced to the rules and order.

1. Each short film will play for 3 minutes
2. The Gong will be lit red after 3 minutes. (If gonged you are disqualified from winning the cash prize)
3. The audience will then scream GONG or LET IT PLAY
4. If there is no clear winner, a standing majority is taken.
5. At the end of the night, cheers decide the winner.

The event as a whole has a loose framing that takes its cues from *Rocky Horror Picture Show* and some shadow theater. There is a loving mania that is pervasive; it manifests as spontaneous shouting, dancing, and laughing. There is a unique and unfiltered power in giving the audience the vote. There are moments where the entire room is waiting for the red light to go on, and when it finally does, there is a whip-crack response. Sometimes the supporters rise up, and their voices overtake the room with “LET IT PLAY.” More than once though that red light came on, and no one noticed. When this happens, even the jokers who cry out “let it play” are met with shushing.

This is an event dedicated to the support and enjoyment of amateur and experimental filmmaking. Everyone on stage was having fun with the strange staging of it all letting the audience know that everyone was here to enjoy themselves. I’ll be back in November and encourage any, and everyone who finds their interest peeked to join me.



CREDIT: Matthew Iung

SPORTS

Can They Keep the Magic Alive? Minnesota Twins Playoff Predictions

BY ANDREW WYLIE

In 2019, the Minnesota Twins have had one of their most successful regular seasons in franchise history. As of September 12th, they already have 89 wins with 17 games left to play in the regular season. This is their best season since 2010 when the Twins won 94 games, which was also the last time that the team was in a playoff series.

This year's squad has surpassed pre-season expectations by a mile, and they have been doing so largely through unexpected means: The home run ball. This team has already hit more home runs than any other team in major league history and has been nicknamed the Bomba Squad. They currently have 277 home runs with 11 different players in double digits for dingers.

Twins management swung and missed in 2018 with their acquisitions, with P Lance Lynn and DH Logan Morrison among others contributing almost nothing of value. However, they hit some home runs themselves this offseason, especially with the signing of 39-year-old Nelson Cruz to replace Morrison as the teams DH. Cruz has rewarded them with 35 home runs and 95 R.B.I.s while also providing valuable veteran leadership in the locker room. They also raised some eyebrows by locking down Max Kepler to a long-term contract in the offseason. Kepler hit for a .224 average in 2018 with 20 home runs. Since signing his extension, Kepler has rewarded the team by hitting 36 home runs so far, raising his average to .252, and making the Twins' management team of Thad Levine and Derek Falvey look like geniuses.

Nearly every Twins hitter is having a career year, while the starting pitchers and the bullpen have been average but solid. The Twins' ace, Jose Berrios, has been up and down but is capable of beating any team on any given night. Jake Odorizzi and Martin Perez have both had bounce-back seasons. Although, both had drop-offs in their performance from earlier in the year when they were red hot.

Adversity hit the Twins this year at varying points as it does for every major league squad, but the Twins might be hitting their worst bit of it at the worst time. In the last week, the Twins have lost their dynamic centerfielder, Byron Buxton, for the rest of the season. The injury-prone Buxton plays defense brilliantly but with abandon as he constantly runs into the outfield wall and recklessly dives after every ball just out of reach. The Twins also lost arguably their second-best starting picture, Michael Pineda, to suspension after he tested positive for a banned substance.

The Twins still look primed to make the playoffs, even with the Cleveland Indians 5 ½ games behind them in the Central Division. However, if the Twins make it that far, they are almost destined to meet the team that has ruined many promising Twins seasons in the past: The New York Yankees. The Twins last made the playoffs in 2009 and 2010, and each time they were swept by the New York Yankees. They also surged at the end of the season in 2016 to force a tie-breaker game for the right to make the playoffs. Despite the late surge, they were eliminated by the Yankees once again.

The Twins, even with their recent setbacks, are still capable of winning any game against any opponent. They will need everyone to be playing their best come playoffs because if they get past the New York Yankees in the ALCS, they will likely have to face an even better squad in the Houston Astros. They would then likely need to get past the Los Angeles Dodgers to win it all, as the Dodgers seem to make the World Series every year. The road ahead for the Twins is a hard one, and if they manage to win their first World Series since 1991, they will have most certainly earned it.

Andrew's playoff prediction:
ALDS Twins over Yankees 3-2
ALCS Astros over Twins 4-1

SPORTS

Vikings' Season Filled with High Expectations Despite a Down 2018

BY ANDREW WYLIE

In 2017, the Vikings rode their magnificent defense, star-studded receiving core of Adam Thielen and Stefon Diggs as well as the steady, and sometimes fantastic play of Case Keenum to within a game of the Super Bowl. Despite his stellar play, Keenum never received the trust of the head coach or the front office, with both believing they were a quarterback away from the Super Bowl. These fears were only exacerbated after Keenum's lackluster play in the NFC Championship game that year.

Enter Kirk Cousins, who was the best quarterback available last offseason, but he was not to come at a low price. Cousins and his agent had been wanting the biggest deal in NFL history while he was playing for Washington. His old team balked at the idea, instead choosing to put the franchise tag on him for two seasons in a row, worth about \$44 million. Available last offseason, Cousins had two suitors: the Vikings and the New York Jets. This eventually culminated in a bidding war that the Vikings ultimately won. The Vikings gave Cousins a then record contract of \$84 million over three years, all of which is guaranteed.

Cousins is by no means the best quarterback in the league; in fact, most rankings have him in the middle to lower half of NFL quarterbacks for this year. NBC Sports rated him as the 19th quarterback out of 32. Yet that was the price that had to be paid to get him, and the Vikings felt they had to get the guy they wanted at any cost.

The Vikings have a special defense, a spectacular stadium in Minneapolis, and a new and equally grand practice facility in Eagan. They also have a potential star running back in Dalvin Cook, as well as quite possibly the best one-two receiver combination in football with Diggs and Thielen.

The 2018 season was not a good start as they could only patch together a record of 8-7-1. The Chicago Bears shot past them as the class of the division and took their place in the playoffs. The Vikings suffered from bad luck and injuries on defense, as well as porous play from their offensive line which got worse as the year went along and injuries piled up.

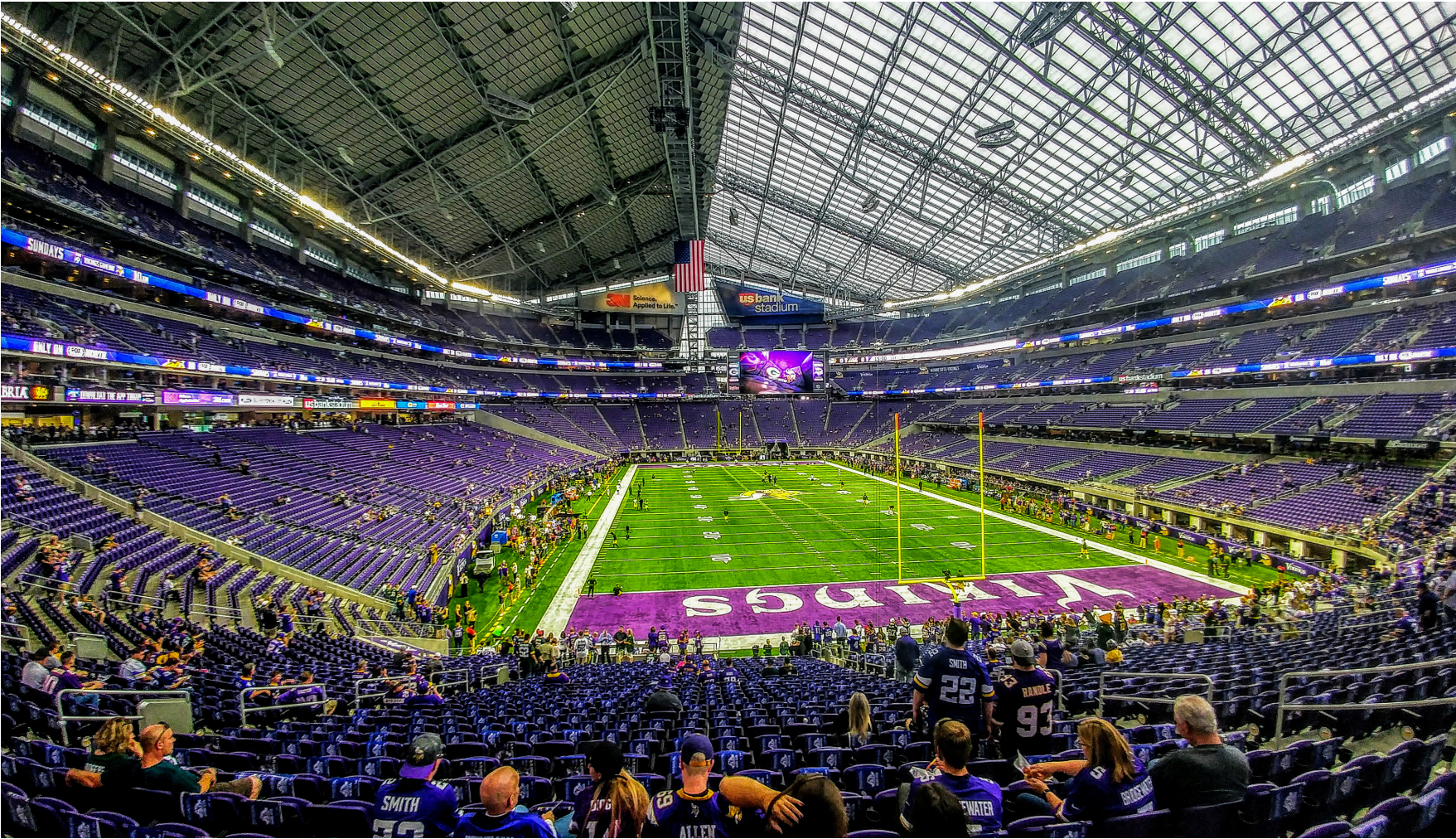
Cousins had some good numbers but struggled to make a difference when he was getting less time to make his reads. The Vikings lost to nearly every good team they played. The exception being the loss to the lowly Buffalo Bills in week three, where it started to feel like the magic the Vikings had in 2017 had diminished. They also suffered from some questionable play calling resulting in the firing of their offensive coordinator in the middle of the season.

Hope springs eternal again in Minnesota for 2019 as they have done their best to use the resources available to them to get them back into Super Bowl contention. Due to the large salary that Cousins and the defense command, they are still unable to sign a marquee free-agent offensive linemen to give them what they so desperately need: More time for Cousins to throw the football.

They were able to draft a highly touted center, Garrett Bradbury, from NC State with the 18th overall pick. He gives the Vikings an instant upgrade on the line and should improve them from where they were last year. The defense is also healthy and should contend again for being one of the best in the entire league.

The NFC North is still there for the taking as the Packers have a new coach and the Bears should have a hard time keeping up the hot pace they were on last season. The Lions are still the Lions and look like they are still a way off from contention. The Vikings schedule outside the division includes some difficult road games, but I see a comeback season for the purple.

Andrew's Prediction:
10-6 (1st place in the NFC North)



US Bank Stadium (Top) / Target Field (Bottom) CREDIT: Andrew Wylie

SPORTS

Golden Bears Football Starts Off 2019 With a Bang

BY BEN DIERS



2019 Golden Bears Football Team
CREDIT: Josh Deere

After a heartbreaking end to the 2018 season, the Golden Bears football team got a strong start to their 2019 campaign with a 41-17 victory over the University of Sioux Falls. The win snapped a 12-game losing streak against USF. The Golden Bears looked good in all three phases of the game in the season opener with the offense playing efficiently and turnover-free, the defense forcing a huge fumble at the goal line, and the special teams blocking a punt.

On offense, senior quarterback Maxon Hutton had a solid night, going 13-of-22 for 159 yards and two touchdowns through the air to go along with 67 yards and a touchdown on the ground. The defense was up and down for most of the night, but they managed to hold the Cougars to 168 yards on the ground and made big plays when it mattered the most.

In week two, the Golden Bears will head on the road to face another NSIC South Division foe in the Upper Iowa Peacocks. If last year is any indication, CSP could be in for another good week as they took care of business against the Peacocks in 2018, beating them 34-7. However, things will get tougher for the team in week three when they come home to face the MSU Mavericks, a team that the Golden Bears haven't beaten since the 2010 season. The Mavericks seem to give the Golden Bears problems year after year, but this year's squad has already proved itself capable of snapping extended losing streaks against division rivals.

Moving further into the season, the Golden Bears will have a pair of consecutive road games at Wayne State and St. Cloud State to close out the month of September. After the road trip, the team will come home to face MSU Moorhead at Seafoam Stadium on October 12 in a homecoming showdown.

The following week, the Golden Bears will play an away contest against Minot State, a team that CSP blanked 24-0 in their last meeting in 2017.

In the final stretch of the season, CSP will face off in a home game against Bemidji State before heading on the road to take on Augustana the next week. Finally, the Golden Bears will close out the 2019 regular season with consecutive home games against Southwest Minnesota State University and Winona State, respectively.

If the Bears can take care of business in some of their early road games, the schedule favors a strong finish as the team will play three of its last four games at home. Be sure to keep an eye on the Golden Bears as they hope to continue their strong start and capture their first winning season since 2011.

Golden Bear Women's Soccer

BY JAID PERRY

With their first win under their belt, the Lady Bears Soccer Team looks ahead with optimism for the rest of their season. On September 5th, the Golden Bears traveled to Rockford, IL to compete against the University of Missouri - St. Louis and came out on top with a shutout win against the Tritons. In the 35th minute, Leah Johnson, a senior at CSP, scored for the Bears, making the only point of the game. This win resembles last year's shutout win against Western State; however, the Golden Bears hope to build upon their success from last year. In the 2018 season, the Bears were 10-6-3 overall and 7-5-3 in the conference, putting them seventh in the conference overall.

This year, in the NSIC Preseason Coach's Poll, Concordia was predicted to finish 4th in the conference, making this the second consecutive year the Bears were predicted to be in the top five. Head coach of the Lady Bears, Steve Bellis, states, "The NSIC poll was flattering, I don't put too much into that though. We have to prove ourselves on the field in a very competitive conference." Conference play will kick off on September 20th when the Bears take on the Upper Iowa Peacocks.

Much of their success last year came from the very low average of goals scored against the Bears (0.85). This year, the Golden Bears are without goalkeeper Emily Nelson; however, senior keeper Jordyn Clark is strong in the net. Clark totaled 21 saves on the season last year. Freshman Kasey Herbster also plans to defend the net throughout the season.

The team looks strong and mature coming into the 2019 season with nine seniors, four juniors, and five sophomores. Eleven new players are also contributing to the team this year and they are hopeful and excited to be apart of a new program here at Concordia. Freshman Sophie Pawlyshyn, stated, "The team treats everybody like family, and that's something I noticed right away." Pawlshyn continues on by saying, "Everybody is so supportive, whether it's on the field or off the field."

With the season ahead of the Bears filled with overwhelming potential, be sure to get out to a few games this year! According to Bellis, specific players to keep an eye out for include "central defender, Anna Haub. [She] is so reliable, strong physically, and mentally. She is very hard to dribble past or get around. Holding midfielder, Junior Haleigh Bares is a warrior! She covers a lot of ground, dominates in the air and will score goals too. Next to her is Emily Boyer, a calm, composed figure who sets the ball moving forward for us. Upfront, freshman forward Nikki Anderson will be fantastic ~ she may be young, but she is technically gifted and has a nose for the goal." He follows that up stating, "That's just our core, but realistically we have a strong squad and lots of players to watch!"

For the season's schedule and more information on the Lady Bears Soccer Team, be sure to visit the CSP Athletic Website online, and as always, GO BEARS!

SPORTS

A Hitter of A Season: CSP Volleyball Season Preview

BY VICTORIA TURCIOS

The Golden Bears Volleyball team hit off the season in the sunny state of Florida at the Terrace Hotel Classic this September. The 2019 roster has seven new faces and the four seniors from last year's team have now graduated, leaving the new senior class in leadership of this season's team. To recap the end of their 2018 season, the CSP Bears Volleyball team reached the NCAA Central Region Championship match. Despite not walking away with a title last season, this was the 16th time that the Golden Bears made their way to the championship in the last 17 years.

According to the CSP Bears reporting of the team's 2019 season preview, the freshmen on the team are full of energy, which should make for a competitive outlook on the court this fall. The team doesn't only have experience to choose from, but drive amongst the newcomers. While there is sure to be some dynamic plays amongst the team, we recommend you start getting familiar with the names Sara Macek and Kennedy Brady. Both of these front-row stars are this season's most experienced blockers.

These two will surely continue to make a statement with their abilities this season; if you don't believe us then believe the stats for both of these experienced players. Macek ended up as the 11th player in the nation thanks to her hitting percentage of .388, along with the honor of earning the AVCA All-American First Team title last season. Brady also showed her true colors on the court with a 27-kill streak as she helped lead the team to the region's title match last season.

The action doesn't stop with the middle blockers though, as the coaches are eager to get both the fresh team members and experienced outside hitters, setters, and defensive specialists plenty of time on the court. The 2019 season won't be a question about talent for the volleyball team, as the 20 player roster is full of experience and drive. The real question will be about how the team will come together against their competition as the season progresses. There are 39 games in total for September and October. Thirteen of these games will be played at home in St. Paul, giving CSP Bears Volleyball fans the opportunity to catch a few games as these players are sure to keep their opponents on their toes all season long.



CREDIT: Victoria Turcios

SPORTS

Golden Bear Cross Country Preview

BY ISABELLA D'BURKE



2019 Golden Bears Cross Country Team
CREDIT: Coach Matthew Buns

Run. Rest. Repeat. On August 19th, the day after they moved in, the Golden Bear cross country team left for Heartwood Conference Center and Retreat in Northwestern Wisconsin. From Monday to Thursday, the team never left each other's sides as they lived in cabins, ran, and competed in games such as volleyball, basketball, and ultimate frisbee. On Tuesday of the camp, the team had their first time trial, a preview into the upcoming season. In response to the time trial, Head Coach Jonathan Breitbarth said, “We are an improved team from last year. Over 90% of our returners had a faster time trial than last year.”

Senior Captain Lydia Carr reminisced about her time on the team, saying, “This year is definitely different from years past, but in a good and exciting way. The first year I came here, there were 9 girls on the team and the “team atmosphere” was lacking. For only being here on campus for three weeks, I can already tell how determined this team is for the upcoming season. After meeting and getting to know our new freshman, I can tell this year will still be filled with that driven and determined nature.”

The team gained 3 new freshmen women, Jaid Perry, Avery Sivonen, and Isabella D'Burke, and 5 new men, Isaiah Winowski, Derek Ciddio,

Charlie Bleskachek, Austin Willey, and Keaton Rutz. Returning as the top runners for the men's and women's teams are Benjamin Allen, who finished the track season with an All-American First Team finish in the 1500m (at the NCAA Outdoor Championships), and Kara Lindburg, who has led the Lady Bears in every race for the past two years. With the incoming freshmen and returning athletes, the preseason poll ranked the women to place 10th in the conference and ranked men to place 7th.

On Friday, September 6th, the team traveled to Sioux Falls, South Dakota for their first meet, the Augie Twilight. Both the men's and women's teams had strong finishes taking 12th out of the 26 teams there. Following the meet, Breitbarth stated, “Our team is a focused team. We have a focus on improvement within a supportive environment. We have seen growth in our results on the course, in athletes stepping up in leading team discussions, team devotions, and team goal setting. There is no doubt that in a good way, we will be a different team at the end of the year than we were on day one.” Not only are the coaches looking forward to the season, senior captain Cory Warner said, “I am very excited about the team this year and the potential we have! I am looking forward to continuing to grow as a runner myself, along with watching the team grow more and more as the season goes on! Should be a great year!”

OPINION

Affordable College: What's the Best Way to Make it Happen?

BY ETHAN LANGEMO

Imagine you are a student between kindergarten and 12th grade attending public school in Kalamazoo, Michigan in 2005, and hearing your full college tuition would be paid for when you graduated high school. Due to the graciousness of some donors, you are able to attend college without a life of debt, and there are new choices available to you. This is what the experiments of several school districts across the United States look like. Not all of them are sponsored through the caring hearts of donors though, as many are actually government-funded. Some of them have attained results that were certainly a surprise but were indeed a welcome one.

In Kalamazoo, the city saw increased attendance in its school district, and in turn, an increase of school staff and buildings. They also saw new businesses enter the town, boosting the economy, and bringing in even more people to attend their schools. Obviously, free college – or at least tuition-free college – sounds great at face value. Still, we must ask, are there some underlying downsides one might not think of in their initial response?

In Europe, only a few countries have no college tuition: Germany, Norway, Sweden, Denmark, and Finland. Three of those are in the top ten list of countries with the highest tax wedge in the world (Germany, Finland, and Sweden), and Germany lands at number two. At this point, income tax nears the point to where the government is taking close to half the money you make. Where does that money go? Government programs, including costly tuition for college.

Perhaps going tuition free isn't the most viable goal in the world. After all, it is not worth getting a free education if you are going to get half your money taxed out of you anyway. So, what about the countries that offer “more affordable” options, such as France and Austria? Turns out, they are also in the top ten list for countries in the world which pay the highest income tax. Of course, a lot of taxes go towards social security and fancy European prisons, but as all of us college students know, college tuition is not cheap and is nothing to sneeze at.

Some have suggested moving money from the U.S. defense budget and putting it towards paying for tuition. After all, if other countries in the world have a lower budget than us, we should be fine to spare a few dollars, right? Not necessarily. You might notice that many countries that have a smaller defense budget than the U.S. are also much smaller geographically, population-wise, or both. This means those countries probably have a much smaller military and do not need a large amount of funding for it. The U.S. has one of the largest militaries in the world, and with how heavily involved it is with other countries, a high budget is necessary.

If the U.S. were to do major or complete funding of college tuition, it would have drastic effects on the economy. Higher income taxes would be needed to support lower tuition, which would cause the economy to become less efficient. As the taxes rise, so will the demand for a rise in worker's wages. As this happens, market prices are sure to follow, essentially creating a



CREDIT: Victoria Turcios

textbook case of inflation, thus weakening the economy. The sad truth is, one way or another, we are going to be screwed over by money. If not by student debt, then it will be by monstrous taxes and a weak economy.

Tips and Tricks for a Smooth Transition to Dorm Living

BY BROOKE STEIGAUF

Let's be honest, everyone can be hard to live with. Yes, even you. There are many quirks and differences to accommodate, making it nearly impossible to be completely compatible with your roommate. Not to mention, the excess dinners of popcorn and oatmeal, the community shower areas, and guest hours. Luckily, there are some ways to make it go smoother.

1. Set boundaries with your friends and roommates

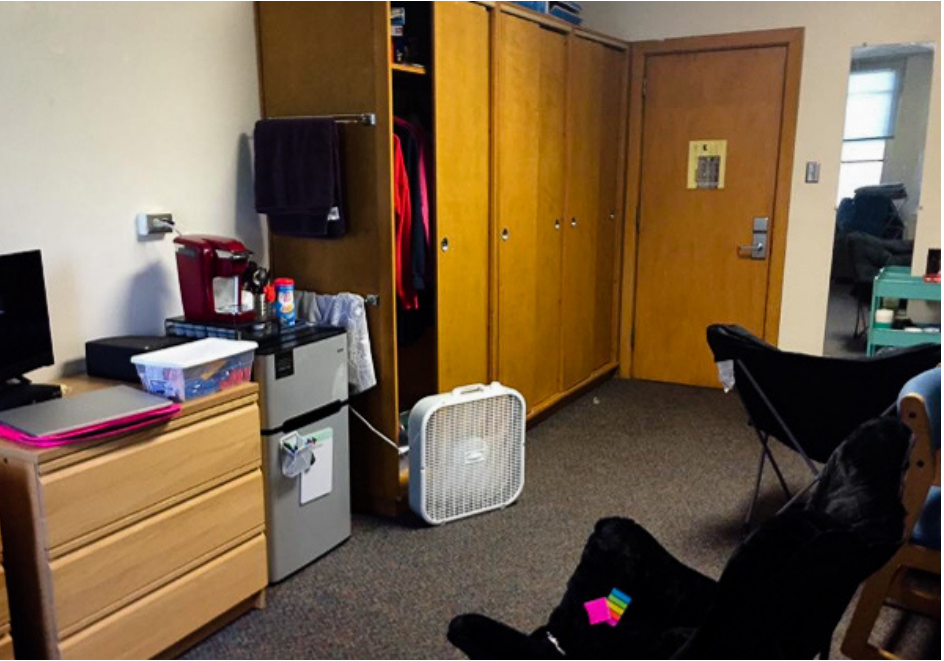
It's all fun and games until your roommate is passive-aggressively annoyed. Perhaps they don't follow the Minnesota-nice protocol and confront you about how inconsiderate you've been! Can you blame them? Well, yes, actually; that is if they haven't previously talked to you about their needs and desires. Being sure both you and your roommate are aware of each other's expectations can prevent a lot of issues from arising in the first place. Additionally, don't be afraid to set boundaries along the way; communicate as necessary.

2. Rethink your laundry

Your standards for “dirty” changed a lot when your parents/guardians stopped doing your laundry, huh? Your standards changed again when you had to plan your schedule around the laundry machines' cycle. Truth be told, we have unnecessarily high standards for cleanliness in the Western way of life. Before you throw your shirt in the laundry, assess the situation. Did you sweat? Did you spill? Are you just being lazy and don't feel like folding it? These are essential questions to ask in preventing your hamper from filling up too fast.

3. Establish pen pals

Let me tell you, there is nothing that makes your day quicker than a package of sunshine from a friend who recently moved across the country. And it has been proven that showing acts of kindness improves the mood of the person giving! In this win-win situation, you can keep up with your far-away friends and receive boosts of love in the middle of your stressful week.



Freshman Dorm in Luther Hall
CREDIT: Kylee Baldwin

OPINION

4. Be savvy with your bathroom equipment

First, invest in a robe. It's comfortable, practical, and easy; consider it an investment. Second, if you don't yet have a portable container for your shampoo, conditioner, razor, washcloth, and body wash, definitely get one. You can find them for cheap at places like Target and Walmart, both located within walking distance of CSP. There are few things worse than standing soaking wet in the shower and realizing you forgot something. Moreover, it is easy to forget things in the shower once you're finished. We're all just trying to keep it together here.

5. Less is more

Generally, people own a lot of stuff. To make things easier on yourself, weed things out as you go. Whether you're in transition between two living situations or you're just taking a Saturday to organize your life, try to get rid of unnecessary bulk. CSP even offers many opportunities within its halls to give to charity. The less you bring to your dorm, the less mess you have to clean and less clutter to move later. Pro tip: if you're moving back home for the summer, bring things back periodically when you visit. That way, you're not so overwhelmed at the end of the year.

6. Communicate, communicate, communicate

Harmonious living with your roommate requires compromise and vocalization of needs. Use your words and be flexible.

Words of Wisdom from the Early Birds

BY RICHARD MAHLE

Not everyone is a morning person, which is okay. Please consider, though, that Minnesota mornings are a good reason to become one. The sun shines crisply, in such a way that even the cool breeze doesn't cause a shiver. The grass is so green and alive that it makes you want to take a nap under a tree. My reasons to become a morning person may be limited to the environment, but there are plenty more based on your day to day college life.

For example, when you become a morning person, you are forced to exert much more energy for those difficult-to-get-up-for 9:00 am classes. A freshman here on campus named Colin Warren said it well, "I have no problem waking up at 4 in the morning as soon as I am awake, I am ready for the day. I don't need caffeine, and I love breakfast, so why wouldn't I be up? Although, it does not mean I do not like to sleep. I just do not need it [to get up that early]." As a morning person, you tend to be able to function as soon as you wake up. This helps you in a lot of situations, such as 9-5 jobs, church or other religious functions, classes, and many more events.

Another great thing about being a morning person is food. If you like to cook, then waking up and being able to prepare a mouthwatering meal could be the way to go. Now, if you are not a cook, then it would be the act of being able to go and buy food that can kickstart your day. There is a fantastic selection for breakfast foods, such as eggs, bacon, pancakes, waffles, breakfast burrito, and, for the adventurous morning birds, pizza.

There is also an infamous drink that can turn anyone into a morning person. One CSP student states, "I am a morning person because I drink coffee!" This remark certainly functions on behalf of many college students.



CREDIT: Victoria Turcios

Now, if you believe that there is nobody who would want to be a morning person, Kate Hiller can debunk your claim. She speaks of her envy of the early-birds of the world, as she states, "As a member of the non-morning person crew. I wish I was one because sleep takes up so much of my morning, when instead I could be cleaning, doing homework, or other chores." Well, fear not Kate (and other morning-skeptics), anyone can become a morning person with the right amount of planning, motivation, and sleep. So, if you feel like the nightlife isn't for you anymore, try moving up your wake-up time to enjoy all that a Minnesota morning has to offer.

From The Blue Wave to a Presidential Tsunami

BY VICTORIA TURCIOS

Election years have always been interesting to me since I moved to the U.S.A. As a legal resident, I cannot vote. I will be able to cast my vote once I get my citizenship, which is a privilege that I will be grateful to have. Until then though, it is interesting to watch from the sidelines and inform you all about the contenders that get a say, not only in your lives and the way you live, them but mine as well. As the 2020 elections sneak up on us, it is important that we take a look at those running in the battle for the presidency, as it is sure to keep us all vigilant.

In the Republican corner, we have four candidates running for office: Mark Sanford, Joe Walsh, and Bill Weld, along with the current inhabitant of the White House, Donald Trump. In the Democratic corner, we have contender numbers in the double digits, so in order for me to keep them straight and for you to better understand that mess, let's dive a bit deeper. There are currently 20 candidates running for the Democratic ballot, the names you most likely recognize or have heard on the news are the following: Obama's partner in meme — Joe Biden, Bernie Sanders, Elizabeth Warren, Beto O'Rourke, Cory Booker, Kamala Harris, and Pete Buttigieg. Other contenders who have had some media coverage also include Marianne Williamson, Julian Castro, John Delaney, Tim Ryan, and our very own Amy Klobuchar. Then, unfortunately, there's the few who I don't even recognize: Michael Bennet, Steve Bullock (is he related to Sandra Bullock?), Wayne Messam, Tom Steye, Joe Sestak, and Andrew Yang.

The blue wave didn't end with the Democrats taking over Congress in 2018. Out of these candidates, Congresswoman Alejandra Ocasio-Cortez, along with four other contenders, shared their journey in a Netflix Documentary, "Knock Down The House." This seems to be connected to the abundance of Democratic attempters seeking to take over the White-House in 2020, that at this point, feels more like a tsunami than a "wave." A resonating quote from that documentary is the following, "For one of us to make it through, a hundred of us have to try." One cannot deny that they're certainly trying with this many candidates, but is it to their own demise?

At this point, those who love Trump and those who love to hate him know who he is and what he stands for. The same cannot be said for most of the Democratic contenders who either share the same political stance or seem to be fickle about what they bring to the table for Americans. The Democratic candidates for the presidency are difficult to keep up with, but I don't believe that a Democratic win is out of the question simply because of that. Here's my reasoning: according to the People Press Organization, Democratic voters are more than satisfied with the group running for the party. This particular batch of candidates has hit a 30-year high for early attention data related to presidential campaigns and is also attracting more attention than the previous eight election years amongst the general public. This is a sign that people are tuning in, and better informing themselves, giving the Democratic runners a fair chance to make an impression.

After all, tsunamis are a natural response to major disruptive earthquakes, and this seems to be a perfect illustration of the political climate we've experienced since Trump took office. It is clear that the Democrats didn't come to play; they came out to make a statement. It is getting closer to the time when they'll truly need to walk the walk and talk the talk if they want your vote.

A Bloody American Year

BY VICTORIA TURCIOS

Mass shootings have unfortunately become one of the worst trends of 2019. The fatalities from gun violence have not only spiked, but according to the Pew Research Organization, active shooter incidents have become far too common on US soil with high numbers dating back to 2000. The devastating fact about mass shootings in 2019, as reported by NBC News, is that the number of incidents has at this point, exceeded the number of days we've lived through, as it is already standing at 283 mass shootings.



CREDIT: Victoria Turcios

It's far too easy for politicians, even the President, to pin gun violence as a side effect of mental illness or blame these events on the sole act of playing violent video games. Yet, the data doesn't support these statements. Gun-related incidents and violence continue to rise, despite many pointing fingers all over the place. Where the blame-placers don't seem to dabble, is in the possibility that our own lack of action is hugely at fault here. As of September 1st, the Gun Violence archive reported that we've had a total of 37,662 shooting accidents, 9,932 deaths by guns, and 19,868 injuries from gun violence in the US. Now, I could continue writing statistics and data, but I may lose your interest.

We both know that sadly, these facts alone have made no change in policy and that we're most likely going to read headlines of another mass shooting within the next month.

It took six days, I repeat, six days for the New Zealand Prime Minister Jacinda Ardern to ban all semi-automatic rifles that are considered "military-style" after the Christchurch mosque mass shooting back in March of this year. Ever heard of the Port Arthur incident? This horrific massacre led Australia's elected officials to ban semi-automatic and military-style weapons all over the country within weeks of the massacre. This happened in 1996; the mass shooter murdered 35 people and wounded 18. The action by the politicians didn't cause an uproar amongst citizens regarding their rights to own a gun, according to an article by Fortune Magazine, but much rather resulted in many of them willingly giving up their weapons, with the promise of a buyback program.

The key takeaway here is that Australians were tired of gun violence. Despite the outrageous numbers backing up the need for gun control in the United States, it appears that we're more at ease acting like our hands are tied on the matter. Maybe it's a question of how tired we truly are of letting people die around us and not taking action? Or demanding it.



CREDIT: Victoria Turcios

The Fight Against Corruption in North Carolina

BY RICHARD MAHLE

North Carolina is pushing back on gerrymandering, claiming it is unconstitutional. Gerrymandering is the practice that politicians use to manipulate boundaries for districts to give one party the advantage.

The state's pushback has caused the North Carolina Supreme Court to rule that gerrymandering is unconstitutional. This is a huge step towards declaring the practice unconstitutional throughout the United States. Although this is only the first breakthrough in this fight, it certainly will not be the last.

If the Republicans in office decide to appeal to the higher court and the Supreme Court chooses to preside over the case, then it could put an end to Gerrymandering throughout the United States. A quote by Kate Hiller expresses a powerful opinion, "Our Country was built on equal representation, and polling in an unfair way does not provide an equal opportunity that represents all people." She speaks about the country's founding morals and how gerrymandering does not align. In regards to voting, the process should be fair. Without fair elections, how can the president ever be the overall representative of the whole country? This unfair practice causes complications for our system. As a result, the court ruled that the lines be redrawn under a strict criterion.

The lines must be drawn with a neutral "referee" present; drawn in public hearing, equal population, compactness related to population, and absolutely no usage of partisan considerations and election results data. The Republicans in office decided not to follow the rules as stated by the court, and requested that political scientist Joweï Chen's maps be used instead of redrawing everything. They have decided on this approach because Chen has run 1,000 simulations for both the house and senate following the court's ruling on using non-partisan districting criteria. The issue with these simulations is they weren't run under a public hearing or judge appointed "referee," which is why there's an uproar in the courts.

The concept of creating a fair map for elections seems possible, but for them to be fair, the Republican and Democratic parties need to work together (which can sometimes be an impossibility). Even though making gerrymandering illegal won't fix all the problems, it's a step towards ensuring accurate representation and restoring America's status as a great country.

Moving forward though, we must recognize the fact that the people of North Carolina have made some pretty big moves by ruling gerrymandering as an illegal practice. This is an amazing step toward an equally represented nation; however, with the actions of the Republicans in office, there could be a change to the rules set in place. This case is going on right now, so as the days unfold, we will gain more clarity on how North Carolina's court system will act. This event may affect all of the U.S., so keep yourself up to date on the issue from all sources.

OPINION

From Beans to Bags: Making the Switch from Coffee to Tea

BY COURTNI HOLLOWAY

I am not here to tell you that this switch is easy. I am here to convince you that this switch is worth it. Drinking a cup of coffee with a splash of caramel creamer was a part of my morning routine for nearly 6 years. Oftentimes, this daily cup of joe would turn into 2-3 more cups as the day went on. I can say with certainty that I was addicted to coffee, and when I didn't have it, I would suffer from headaches, irritability, and the irresistible urge to nap my day away.

Here's where things changed: This last summer, something called Gastroesophageal Reflux Disease (GERD) crept its way into my life and completely rocked my world. Characterized by chronic nausea, heartburn, and regurgitation, this disease made my life absolutely miserable. I was suffering to the point where I had to completely change my diet to avoid suffering from these symptoms on a daily basis. The first thing to go? My delicious bean juice.

Coffee is a known trigger for Acid Reflux, so I had to let it go. The next step was to find another source of caffeine that wouldn't tear up my insides. I bought all the teas: Black, White, Green, the whole rainbow. I was desperate and still extremely skeptical about the sad watery beverage.

The first few weeks were hard. One cup of Black tea (the most caffeinated of the bagged teas) has



CREDIT: Courtni Holloway

only 47 milligrams of caffeine, compared to coffee's 95 milligrams. This meant that I was cutting my caffeine intake nearly in half. The switch made me a tired, crabby mess for about the first ten days of this journey, but then, things really started to brighten up. My GERD symptoms, specifically my post-coffee nausea and heartburn, were immediately relieved. Though this was the main reason for my coffee-cut, I began to realize a variety of other non-medical changes that began to take place. Here's the run-down:

Tea will keep you going until you're ready to stop

Though coffee has a significantly higher level of caffeine, it releases in one strong burst that will last a shorter time, followed by a quick, hard drop. This often leads a person (it's me; I'm the person) to drink several cups throughout a day. The result? A random caffeine high at 10:00 pm that would give me a super fun bout of bedtime anxiety. Tea, though lower in caffeine, releases slowly throughout the day. This continual release will keep you going without the need for a refill and will help you to hit the pillow with ease.

More bang for your buck

Let's take a look at the numbers: 24 K-cups averages around \$11.99. A 1lb bag of coffee makes about 40 cups and is priced around \$7.99. A box of 100 bags of black tea will cost you about \$4.00. C'mon people, these stats speak for themselves, and I have certainly seen the difference on my grocery bill since making the switch.

Tea saves time

Making tea is less work than making coffee. I used to have to prepare a pot of coffee each night,

and wait for it to brew each morning. If I forgot to do either of these steps and happened to be in a rush, I was screwed for the whole day. Tea steeping is a wonderfully easy process, for tea is often sold in nice little bag. Simply take a mug of hot water and a single bag of tea, steep for 5 minutes (you can even do this on the go), and sip away.

Antioxidants for days

Tea is full of good stuff that will work to clean and refresh your body continuously. According to the NCBI, the antioxidants in tea can reduce inflammation, aid in cancer prevention, strengthen your immune system, and even help you to meet your weight and fitness goals by increasing muscle capacity. Working Green Tea into my pre-workout regimen gets me pumped for my lift and leaves me feeling refreshed every time.

Bonus reasons (if you still aren't convinced)

Tea doesn't stain your teeth.
Tea is eco-friendlier than coffee.
You get to buy a cute tea-kettle.
Tea + honey = Cold Remedy
It's fun to bounce the tea bag around in the hot water.

I'm not going to lie to you; I do miss coffee. I miss the bold flavor, the fun add-ins, and the kick in the pants that it gave me each morning. My relationship with tea has been a slow blossoming one, but as I get further into this journey, I am realizing all the perks that come with being a tea-drinker, and more importantly, I don't have to pop antacids like candy anymore. So, if you're looking for a change, cut the jitter-juice and join the tea party.

Be Your Dog's Best Friend: Tips for Responsible Dog Ownership

BY BROOKE STEIGAUF

So, maybe you have a dog, or maybe you want a dog. Making such a decision requires ample thought, the right schedule, and ultimately, a lot of dedication. Here are some tips for taking extra good care of your adorable furry friend.

1. Make time count

Whether you have half a day available or only an hour with your dog, be sure to use your time wisely. Going for a run or taking your dog to the park to play fetch can make your time together really count. Always be sure to choose activities that give your pooch exercise and validation.

2. Leave your pooch with things to do

When you leave your dog for an extended amount

of time, allow it to have some fun! Leave it with a bone, a kong toy, or treats hidden around the house. If possible, give your dog as much room to move around as possible while you're away. If you have to be gone for several hours a day, consider taking them to a doggy daycare center where they can play and make new furry friends!

3. Take your dog with you

Most of all, your dog wants to spend time with you. Additionally, most dogs take great pleasure out of meeting new people, making doggie friends, and exploring new places and smells. If your dog is comfortable, choose outings that they can join! In fact, there are many events in the Twin Cities that inherently include your doggie friends, such as Wiggle Butt 5k and Festival, Woofstock, and Yappy Hour at Freehouse brewpub.



Nap Time at Doggy Daycare

CREDIT: Mara Grau

4. Schedule doggie days

Let's be real: You knew this dog was a time commitment and you agreed to take the responsibility on anyway. What that means is that you must make time for your dog! Schedule days when you will take your bestie on a long walk, or at the very least, spend a couple of hours at the dog park. Create opportunities to spend time together! It is what your pooch wants most in the world.

5. Ask for help!

If your friends aren't obsessed with your dog yet, either change that or get new friends! Don't be afraid to ask your friends to spend some time with your dog when you feel they need extra love. Or, better yet, plan activities during which you can all hang out together! Problem solved!



A Pawsitively Happy Boy

CREDIT: Mara Grau

Straws are the Least of Turtles' Concerns

BY ANNA FRITZE

Save the turtles! We've all watched as this phrase started as a way to raise awareness for a real problem, closely associated with the use of plastic straws. It then slowly moved on to become the subject of memes and TikToks while dampening the reality of the issue at hand. What the saying doesn't represent is that this issue is far more than just plastic straws. Using, tossing, and forgetting about plastic containers is something we do multiple times a day, every day, without thinking. In fact, more than 50% of plastic waste is single-use, meaning it is only used once before we get rid of it, according to em-solutions.co. While most plastic is, in fact, recyclable, most cities do not have the resources to actually perform the process.

We've all seen photos online that show where this plastic ends up: in our natural environments, most commonly the ocean. According to the News Corporation of Australia, if the use of plastic continues as it has, all coral reefs will be gone by 2025, and there will be more plastic than fish in the ocean by 2050. Growing up, we've watched the seriousness of this issue slowly rise, but we haven't done much to stop it. So, now that we can see the real destruction happening, why can't we stop using the thing that is visibly killing our planet?



CREDIT: Anna Fritze

Well, it's really a social problem. We didn't always have plastic, and now it is a clear piece of evidence to show that humans have become more innovative. Plastic saves time, makes items cheaper, and makes tasks easier. Jill Barlotta of IndyStar makes the point that "one of the reasons it's so hard for people to switch is because we live in a different, faster-paced society." We all know this to be true; It is faster to use and throw away plastic utensils than to use actual silverware. No one has the time to sit down and drink their coffee out of a mug owned by the coffee shop they go to every morning. They need to stop and go, so a plastic cup must suffice.

Even those who bring in reusable cups know that they're a hassle to wash after every use; not using single-use plastic is annoying and more work. Here at Concordia, we see single-use plastic being used everywhere at every point of food and drink consumption. Even with recycling bins all around campus, everyone's heard the rumor that Concordia doesn't actually recycle. "At Concordia, I don't think plastic and recycle go together," says sophomore Josiah Sandcork. Senior Jena Thormodson also made the point that "Freshman are forced to pay for an abundance of points that end up being used to buy bulk packs of plastic bottled drinks at the end of each semester."

So, how do we fix this? Work harder. Be annoying. Make cuts in your own life. Decide against getting the plastic bottled fruity drink and stick to water in your reusable water bottle. Bring a reusable bag to the supermarket. Wash your travel mug every day.

News Corp of AU comes back to say, "Reduction is the key. It's about making changes in our professional and personal lives." Senior Tim Vogt gives the simple but pointed quote, "Single-use plastic is not lit, fam." Truth. Nobody likes change, but if we don't take control and make changes for the better, we'll have lost control of the negative changes that are upon us.

The Subtle Encouragement of Body Insecurity

BY KENNEDY WILLIAMS

Weight Watchers has released a new app directed at children called Kurbo. With many constructive features and positive motivators, Kurbo works to instill healthy eating habits into children as young as eight years old. Childhood obesity continues to be on the rise across the nation, and Kurbo seeks to reduce the number of children diagnosed with this condition. This all sounds very positive, doesn't it? The public tends to have a different, yet reasonable reaction.



CREDIT: Victoria Turcios

With so many eating orders and self-esteem issues impacting children at young ages, this new program is too much of a risk to the physical and mental health of our young ones. Every sixty-two minutes, someone dies of an eating disorder related illness, and these rates continue to go up every year. According to the department of public health, 95% of people with eating disorders are between the ages of twelve and twenty-five and most eating disorders are caused by dieting. English television personality Nikki Grahame, who was diagnosed with her first eating disorder at the age of eight, speaks out on the topic by saying, "This is a trigger. It's making children obsess over food and diet. Now, you know, they have enough education in the classroom on healthy living."

The most alarming aspect of Kurbo is that it is an almost fully independent activity for the client, meaning that any child within the age range can use the app without the involvement of their family. With the end goal of weight loss and a healthier diet, it would be helpful to include the child's family in these matters to help keep them accountable but to keep an eye on the mental impact of the program on their child as well. For children with potential eating disorders, isolation and lack of support can be damaging. Dietician Nicole Giumarra says, "Ultimately we have to be really careful about the messages we that we send to our kids about their body size, their confidence, their self esteem and their health."

Weight Watchers has been a thriving company since 1963 and continues to change and impact the lives of many people trying to lose weight and eat healthy, but their attempt to expand their sales to children through Kurbo is flawed. Maybe with a few tweaks here and there, the app could be made more family friendly, but overall, it reflects the wrong ideas onto children and encourages body insecurity.

ARTS & VARIETY



Ink and coffee on paper by Brooke Steigauf



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